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## VIVOHOME VH565

# VIVOHOME VH565 Indoor Bike Trainer Stand User Manual

Instructions for assembly, operation, maintenance, and troubleshooting of your VIVOHOME Indoor Bike Trainer Stand.

## INTRODUCTION

This manual provides essential information for the safe and effective use of your VIVOHOME Heavy Duty Steel Indoor Bike Trainer Stand. Please read these instructions carefully before assembly and operation. Keep this manual for future reference.

# TRAINING THE BIKE

Even in your home or indoor places

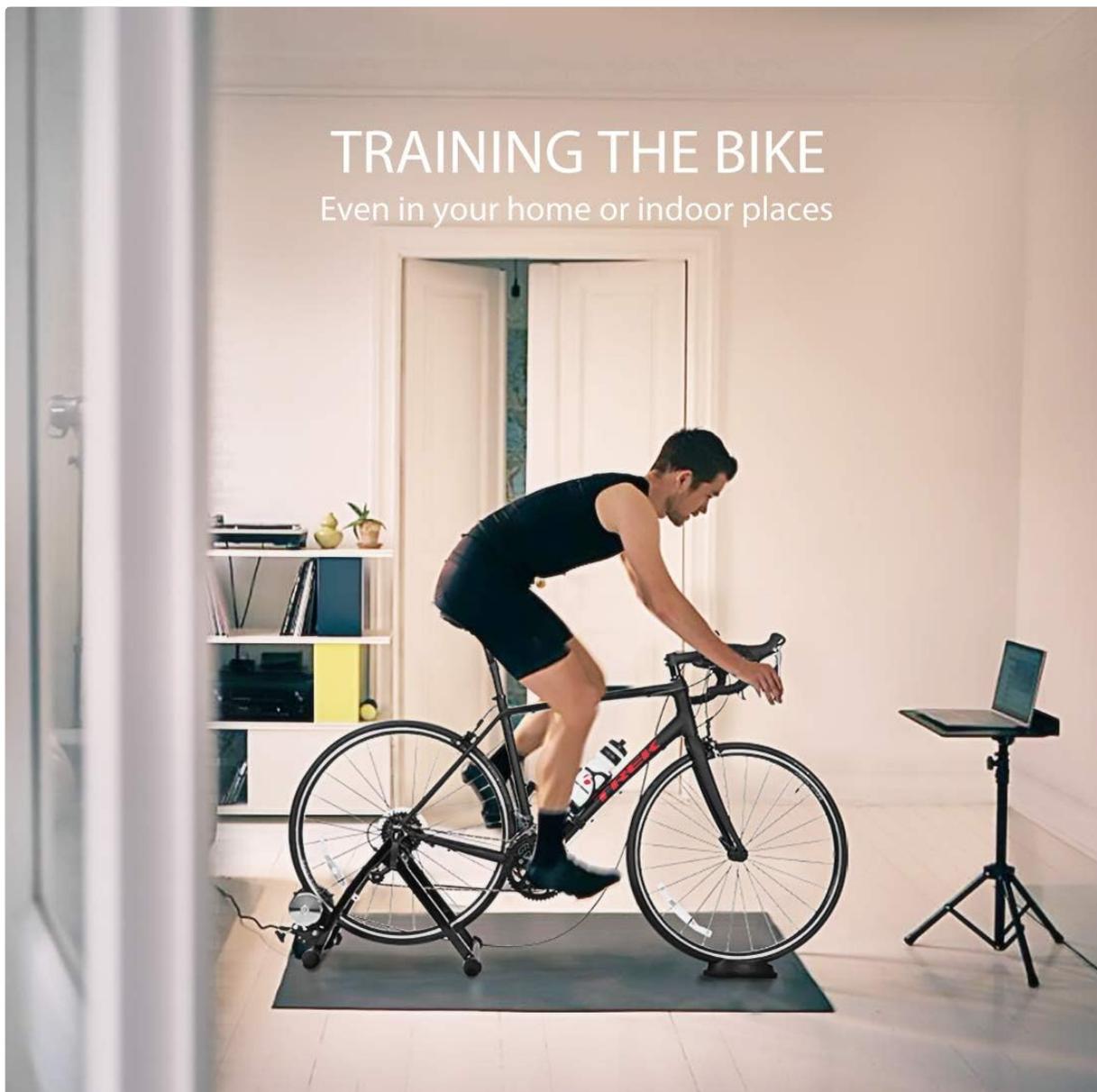


Image: A user training indoors with the VIVOHOME bike trainer.

## INCLUDED COMPONENTS

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Before beginning assembly, ensure all components are present:

- 1 x Cycling Stand (Main frame)
- 1 x Quick Release Lever (for bike attachment)
- 1 x Front Wheel Riser Block
- 1 x Polyester Fabric Bag (for storage, if included)
- 1 x User Manual (this document)

## SETUP AND INSTALLATION

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Follow these steps to set up your VIVOHOME bike trainer and mount your bicycle.

### 1. Prepare the Trainer Stand

1. Unfold the trainer stand. Ensure the base is wide and stable.
2. Adjust the anti-slip rubber feet if necessary to ensure the stand is level on your floor.

## 2. Install the Quick Release Skewer

If your bicycle does not have a quick-release skewer, or if the existing one is not compatible with the trainer, replace it with the included quick-release lever.



Image: Replacing the original axle with the quick-release skewer.

1. Dismantle the original axle from your bicycle's rear wheel.
2. Replace it with the provided quick-release skewer. Ensure it is securely fastened on both sides.

## 3. Mount the Bicycle

## ROTATION MECHANISM

### EASY TO RISE UP

Put the rear tire on the shaft  
keep the tire rotate with Drive of rotating shaft



Image: Mounting the bicycle's rear wheel onto the trainer.

1. Position the bicycle's rear wheel onto the trainer's rotation mechanism.
2. Use the quick-release lever on the trainer to lock the bicycle securely in place. The tire should make firm contact with the roller.
3. Ensure the bicycle is stable and does not wobble.

#### 4. Position the Front Wheel Riser Block

# RISER BLOCK FRONT WHEEL



8.6"



Put it under the front tire  
keep the training stably



## Perfect fit for the rotating

Bike tire rotate without any resistance



Best fit



Light weight



Make the training more comfortable

Image: Front wheel riser block placement.

Place the front wheel riser block under your bicycle's front tire. This stabilizes the front wheel and levels the bike for a comfortable training position.

## OPERATING INSTRUCTIONS

Your VIVOHOME bike trainer features a magnetic flywheel and 6 variable speed levels for resistance adjustment.

### Adjusting Resistance

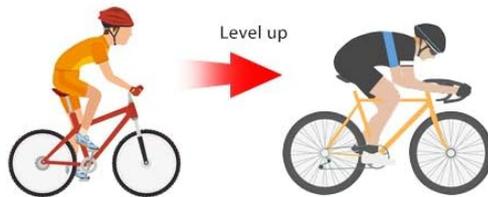
## STORAGE

## EASY TO TAKE IN



Take the both side inward, make the bracket into ② form **2 STEPS**

## 6 Level for adjust resistance setting



Along with the level up you should spend more power for training



## Resistance Setting

Image: Resistance setting dial with 6 levels.

- The trainer includes a remote resistance adjuster that can be mounted on your handlebars.
- Turn the dial on the adjuster to select one of the 6 resistance levels.
- Level 1 provides the least resistance, while Level 6 provides the most. Adjust the resistance according to your training needs.

Begin your cycling session by pedaling at a comfortable pace. You can also use your bicycle's gears in conjunction with the trainer's resistance levels to fine-tune your workout intensity.

## MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your bike trainer.

- **Cleaning:** Wipe down the trainer stand with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and connections to ensure they are tight and secure. Tighten any loose components.
- **Roller Condition:** Inspect the roller that contacts the tire for wear or debris. Clean if necessary.
- **Storage:** When not in use, the trainer can be folded for compact storage. Store in a dry place away from direct sunlight.

## TROUBLESHOOTING

If you encounter issues with your VIVOHOME bike trainer, refer to the following common problems and solutions:

### **Problem: Excessive Noise During Operation**

- **Solution 1: Tire Pressure.** Ensure your bicycle tire is inflated to the recommended pressure. Under-inflated tires can cause increased noise and wear.
- **Solution 2: Tire Type.** Knobby mountain bike tires can be louder than smooth road bike tires. Consider using a slick tire for indoor training if noise is a concern.
- **Solution 3: Roller Contact.** Verify that the rear tire is making firm and even contact with the trainer's roller. Adjust the tension if needed.
- **Solution 4: Loose Components.** Check all bolts and connections on the trainer for tightness. Loose parts can vibrate and create noise.

### **Problem: Insufficient Resistance or Resistance Dial Not Working**

- **Solution 1: Cable Connection.** Ensure the resistance adjuster cable is properly connected to the magnetic resistance unit on the trainer. Check for any kinks or damage in the cable.
- **Solution 2: Internal Mechanism.** If the resistance dial still does not function, inspect the internal mechanism of the resistance unit. Sometimes, nuts or washers can become dislodged during shipping or use. If comfortable, carefully open the housing (if accessible) and re-secure any loose components.
- **Solution 3: Tire Tension.** Ensure the rear tire is pressed firmly enough against the resistance roller. Adjust the tension mechanism on the trainer.

### **Problem: Bicycle Wobbles or Feels Unstable**

- **Solution 1: Secure Mounting.** Re-check that the quick-release lever is fully tightened and the bicycle is securely clamped into the trainer.
- **Solution 2: Level Surface.** Ensure the trainer is placed on a flat, level surface. Adjust the trainer's feet if necessary.
- **Solution 3: Front Wheel Riser.** Confirm the front wheel riser block is correctly positioned under the front wheel to keep the bike level.

## **SPECIFICATIONS**

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# PRODUCT SPECIFICATIONS:

VIVOHOME

PACKAGE DIMENSION: 22.8\*19.7\*7.9 Inch

PACKAGE WEIGHT: 20.0 Lbs

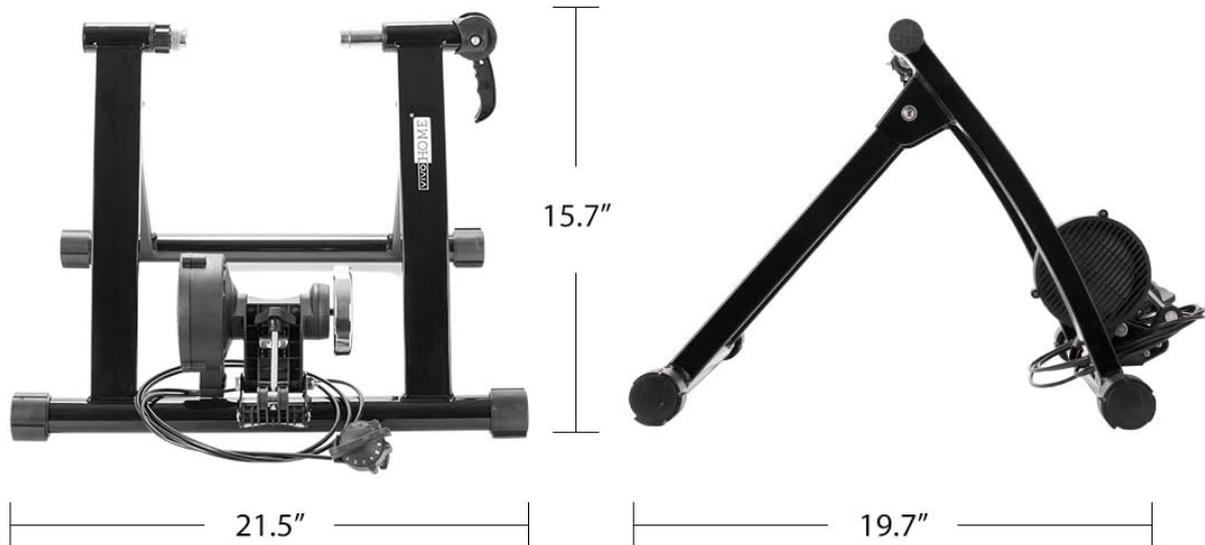


Image: Product dimensions of the VIVOHOME bike trainer.

Feature	Detail
Model Number	VH565
Product Dimensions (L x W x H)	50.01 x 54.51 x 40.01 cm (19.69 x 21.46 x 15.75 inches)
Item Weight	7.89 kg (17.4 lbs)
Material	Alloy Steel (Frame: Stainless Steel)
Color	Black
Resistance Mechanism	Magnetic
Number of Resistance Settings	6
Compatible Wheel Size	Up to 29 Inches
Compatible Bike Types	Mountain Bike, Road Bike

## WARRANTY AND SUPPORT

For warranty information or technical support, please contact VIVOHOME customer service directly or refer to the retailer's return policy where the product was purchased. Please have your model number (VH565) and purchase details available when contacting support.

You can often find contact information on the VIVOHOME official website or through your purchase platform.

